



TM

Walk, run or bike across the country

In this six-week virtual trip across the United States, you will:

- Record physical activity, acts of kindness and no late-night snacking.
- Visit fun and exiting places that make everyone's must-see list.
- Compete individually, on a team or as a location to win trophies and bragging rights.
- Build long-lasting well-being behaviors.



To find out more or to register, visit

feb.coasttocoastwellness.com

Registration August 8 – August 29

- Start tracking **August 22.**
- Stop tracking **October 2.**
- Awards will be given to the top FEB, top 3 teams in each FEB, and top 3 individuals in each FEB.